

The Pauline Furlong Women's National Army For Health

Copyright, 1917, by the Pauline Publishing Co., The New York Evening World.

DAILY DRILL NO. 17—For the Waitress

ROM waitress I have received the following letter:

Dear Miss Furlong: I am a waitress, and though I am constantly walking, which ought to be good exercise, I suffer from indigestion. Even though I try to eat what I think is good for me, I have the most pain after each meal, which I only relieve by taking soda, which brings up gases. I never look well, and as I read your health articles I thought probably you could outline a few exercises and give me some advice. During several of the rush hours each day I suffer greatly from nervous conditions and excitement. I am five feet four and weigh one hundred and twenty-seven pounds and am thirty-three years old.

First of all, I want to tell this reader that her weight is right for her height, and therefore she cannot be very far from normal physical condition. Here again we have to partake of any food after great excitement just as it is wrong to practice violent exercise after eating a meal. Try not to let the rush hour annoy you so much. I know that this is not an easy task, but if you try to cultivate calm it will eventually become a habit.

This is the only cure for your trouble because you bring this condition on yourself, and the more soda or medicines you take to bring relief the weaker will become the digestive organs until they will become wholly incapable of performing their rightful duties entirely. If not made to work for themselves.

Keep off your feet as much as possible and try the following exercises, in a reclining position at home, when convenient, and at least once each day.

Lie on the floor with the feet under a heavy piece of furniture and bring the body to an upright sitting position about fifteen times, if it does not strain you. This strengthens the digestive and eliminative organs.

Answers to Health and Beauty Questions.

OIL FOR HAIR—MARGARET T. If you massage the dry scalp with sweet oil on a piece of cotton, between small parts of the hair, to remove all traces of dandruff twenty-four hours before the shampoo, your hair will appear soft and glossy after the shampoo and the scalp will feel smooth. Use a small amount of liquid extract on a cloth to clean the place of irritation.

TO SOFTEN AND WHITEN HANDS—MRS. MARTHA C. Cohen rubs oil after washing hands, and also uses oil to soften the hands. The following may also be used to soften and bleach them: lemon juice, one ounce; honey, one ounce; castor oil, two ounces. Always wear gloves when in the cold.

MEDICINE TO REDUCE—MRS. D. N. Person. Take a few drops of camphor oil, and rub it on the skin. You must use them, please consult your physician first. Nothing but proper diet less foods of all kinds and strenuous exercises will bring about a permanent and healthful reduction of superfluous flesh. Exercise about twice each week, eat less foods, drop breathing, etc., will help to make you more slender and improve your health meanwhile.

TO BROADEN CHEST—ALICE R. L. Make the finger tips meet in front of the body and then bring the hands and arms backward until the fingers meet in the back. Do this fifty times every two times each day for several months, and your chest broadens out and your shoulders become straighter.

Betty Vincent's Advice to Lovers

"A. S." writes: "I am thirty-two and in love with a girl several years younger than myself. I have tried under my own good enough for her, as I am a decent, self-respecting young woman and I am a sport. But I do care for her, and she says she never will marry any one else. What shall I do?"

"Since you realize your deficiencies, and correct them? You should not ask the girl to marry a man who cannot trust, but why not make yourself worthy?"

"B. G." writes: "I was good friends with a girl until I sent a friendly postcard to her aunt, who is a young and white woman. Before meeting the girl, since that time the girl has been to me, although I have written to her several times. How can I get 'back' those good graces?"

"I were you I should make no effort to do so. The young lady is probably jealous and a friendship with her would afford you little satisfaction."

"M. V." writes: "I am very much in love with a young girl and have told her so. But she only laughs at me and refuses to permit me to explain her. How can I convince her that I am here for her?"

"Ask her to be your wife. The girl may think that you are trying to start a flirtation."

Protect Your Home

By Maurice Ketter



THE TERRORISTS

By Arthur B. Reeve

ARCH PLOTTER AND SUPER-DETECTIVE MATCH WITS IN THIS AMAZING MYSTERY

Follow Craig Kennedy on His Best Case

Illustrations, scenes & details.

SYNOPSIS OF PRE-LIVING CHAPTERS

Craig Kennedy, the detective, and Walter Burton, the newspaper reporter, are hired by a human treasure capitalist to investigate a mysterious explosion at Hazleton's country place. They travel to New York, where Kennedy is at once a suspect of this strange book, and are of course the principal characters in the plot. Hazleton is exposed in socialist works and隐藏在地下的宝藏被发现。

CHAPTER III.

KENNEDY and I returned immediately to the city, at least satisfied apparently that for the present no second attempt would be made on Mr. Hazleton at Rockcrest.

"What have you found?" I asked eagerly, after I had persuaded him not to forego eating breakfast the next day, although I was reasonably certain that his rest had consisted of minutes rather than hours during the night.

I tell sure that he must have remained up most of the night in his laboratory, plunged into the usual maze of tests and experiments by which he exhausted every possibility of a new phase of any of his cases.

Kennedy's puzzled look was answer enough. I knew from it that he had found enough already to assure himself that this was an affair of more than ordinary fascination for his highly trained and analytical faculties.

"Nolan, open up. It's Kennedy," Craig answered.

The door swung on its rusty hinges, disclosing a squat, lissom man whose easily sunburned face showed that Craig was anything but an unwelcome visitor.

"Nolan, open up. It's Kennedy," Craig repeated.

"Well, at this wasn't the wrong place to say 'definitely,'" I said, "but I can say with any positiveness just about what you could say yourself. I have found that an explosive was used. More than that I do not know, except that it seems to have been a new explosive, and as far as I am acquainted, and as more of less carefully made explosives, something unknown."

He pondered the matter for several moments, consented to eat something, and after bolting a few mouthfuls, resumed his brown study.

A hasty glance at his watch seemed to remind him that at last the new day had begun for Holmes, as he had for his own home office. "Will you call a cab, Watson?" he asked, gathering up some records which he had scrawled on handy bits of paper.

I did so, and in a few seconds we were speeding across the city to an address which I had not caught up with him.

"Have you any clue?" I asked.

"Yes," he answered slowly. "I think there is a clue. This is an explosive, it is true, of which I have never heard, and a terribly powerful explosive too. More than ever I am convinced that some rare genius is at work. But the very rarity of the tools with which he works will

and in the bottom of the box I found evidence of a chlorate mixture. On the teeth of the skull I found mattock heads, when I opened the box, showing the grim humor of the miscreant. Then, take this one. Here's another point to note. That dress he seemed to be in was of setting, that thing off. The explosive is a lot of small crystalline yellow needles which show bright yellow, green, and red in reflected light. I haven't analyzed them yet, but they are not soluble in water, though they dissolve readily in alcohol and ether. They are also bitter tasting. Of course, I have taken the thing all apart. It is harmless now, but for the life of me, I can't see what it was. Yet no one ever went to all the trouble to make that for nothing. It is not one of those things that they make out of coal dust, with a firecracker fuse to split it and make a bang. It is quite different. Inside were all these little coils and wires, just like miniature sparking machines—but a battery. It's beyond me."

Nolan was shaking his head in perplexity. "You have been under ordinary circumstances not an unusual looking man, perhaps six feet high and not as wide. On the surface it was barreled with iron, and an enormous enough looking padlock, now unbroken, held it. The door, however,

was caught by which we may, in the end, discover how."

The cab passed under the brow of a thickly populated residential row on an east side street in the upper part of without a word. Kennedy motioned for me to leave the car, and the moment the vehicle disappeared he dove down into a low ceiling several doors beyond where we had stopped. I followed, until in the dim light I saw that we were confronted with all these little coils and wires, just like miniature sparking machines—but a battery. It's beyond me!"

"You must have been under ordinary circumstances not an unusual looking man, perhaps six feet high and not as wide. On the surface it was barreled with iron, and an enormous enough looking padlock, now unbroken, held it. The door, however,

was caught by which we may, in the end, discover how."

"It came through the wall yesterday morning," he said. "It was opened by its secret, and was broken off. It was a bomb."

"The deuce you say," exclaimed Burke, instantly getting the view, of the stuff over there. It came in the form of a bomb to Roger Burton, just as some more did in a bomb that exploded and partly nearly killed Morgan Hazleton at Rockcrest, last night."

"The deuce you say," exclaimed Burke, suddenly getting the view, of the stuff over there. It came in the form of a bomb to Roger Burton, just as some more did in a bomb that exploded and partly nearly killed Morgan Hazleton at Rockcrest, last night."

"You must have been under ordinary circumstances not an unusual looking man, perhaps six feet high and not as wide. On the surface it was barreled with iron, and an enormous enough looking padlock, now unbroken, held it. The door, however,

was caught by which we may, in the end, discover how."

"It came through the wall yesterday morning," he said. "It was opened by its secret, and was broken off. It was a bomb."

"The deuce you say," exclaimed Burke, suddenly getting the view, of the stuff over there. It came in the form of a bomb to Roger Burton, just as some more did in a bomb that exploded and partly nearly killed Morgan Hazleton at Rockcrest, last night."

"You must have been under ordinary circumstances not an unusual looking man, perhaps six feet high and not as wide. On the surface it was barreled with iron, and an enormous enough looking padlock, now unbroken, held it. The door, however,

was caught by which we may, in the end, discover how."

"It came through the wall yesterday morning," he said. "It was opened by its secret, and was broken off. It was a bomb."

"The deuce you say," exclaimed Burke, suddenly getting the view, of the stuff over there. It came in the form of a bomb to Roger Burton, just as some more did in a bomb that exploded and partly nearly killed Morgan Hazleton at Rockcrest, last night."

"You must have been under ordinary circumstances not an unusual looking man, perhaps six feet high and not as wide. On the surface it was barreled with iron, and an enormous enough looking padlock, now unbroken, held it. The door, however,

was caught by which we may, in the end, discover how."

"It came through the wall yesterday morning," he said. "It was opened by its secret, and was broken off. It was a bomb."

"The deuce you say," exclaimed Burke, suddenly getting the view, of the stuff over there. It came in the form of a bomb to Roger Burton, just as some more did in a bomb that exploded and partly nearly killed Morgan Hazleton at Rockcrest, last night."

"You must have been under ordinary circumstances not an unusual looking man, perhaps six feet high and not as wide. On the surface it was barreled with iron, and an enormous enough looking padlock, now unbroken, held it. The door, however,

was caught by which we may, in the end, discover how."

"It came through the wall yesterday morning," he said. "It was opened by its secret, and was broken off. It was a bomb."

"The deuce you say," exclaimed Burke, suddenly getting the view, of the stuff over there. It came in the form of a bomb to Roger Burton, just as some more did in a bomb that exploded and partly nearly killed Morgan Hazleton at Rockcrest, last night."

"You must have been under ordinary circumstances not an unusual looking man, perhaps six feet high and not as wide. On the surface it was barreled with iron, and an enormous enough looking padlock, now unbroken, held it. The door, however,

was caught by which we may, in the end, discover how."

"It came through the wall yesterday morning," he said. "It was opened by its secret, and was broken off. It was a bomb."

"The deuce you say," exclaimed Burke, suddenly getting the view, of the stuff over there. It came in the form of a bomb to Roger Burton, just as some more did in a bomb that exploded and partly nearly killed Morgan Hazleton at Rockcrest, last night."

"You must have been under ordinary circumstances not an unusual looking man, perhaps six feet high and not as wide. On the surface it was barreled with iron, and an enormous enough looking padlock, now unbroken, held it. The door, however,

was caught by which we may, in the end, discover how."

"It came through the wall yesterday morning," he said. "It was opened by its secret, and was broken off. It was a bomb."

"The deuce you say," exclaimed Burke, suddenly getting the view, of the stuff over there. It came in the form of a bomb to Roger Burton, just as some more did in a bomb that exploded and partly nearly killed Morgan Hazleton at Rockcrest, last night."

"You must have been under ordinary circumstances not an unusual looking man, perhaps six feet high and not as wide. On the surface it was barreled with iron, and an enormous enough looking padlock, now unbroken, held it. The door, however,

was caught by which we may, in the end, discover how."

"It came through the wall yesterday morning," he said. "It was opened by its secret, and was broken off. It was a bomb."

"The deuce you say," exclaimed Burke, suddenly getting the view, of the stuff over there. It came in the form of a bomb to Roger Burton, just as some more did in a bomb that exploded and partly nearly killed Morgan Hazleton at Rockcrest, last night."

"You must have been under ordinary circumstances not an unusual looking man, perhaps six feet high and not as wide. On the surface it was barreled with iron, and an enormous enough looking padlock, now unbroken, held it. The door, however,

was caught by which we may, in the end, discover how."

"It came through the wall yesterday morning," he said. "It was opened by its secret, and was broken off. It was a bomb."

"The deuce you say," exclaimed Burke, suddenly getting the view, of the stuff over there. It came in the form of a bomb to Roger Burton, just as some more did in a bomb that exploded and partly nearly killed Morgan Hazleton at Rockcrest, last night."

"You must have been under ordinary circumstances not an unusual looking man, perhaps six feet high and not as wide. On the surface it was barreled with iron, and an enormous enough looking padlock, now unbroken, held it. The door, however,

was caught by which we may, in the end, discover how."

"It came through the wall yesterday morning," he said. "It was opened by its secret, and was broken off. It was a bomb."

"The deuce you say," exclaimed Burke, suddenly getting the view, of the stuff over there. It came in the form of a bomb to Roger Burton, just as some more did in a bomb that exploded and partly nearly killed Morgan Hazleton at Rockcrest, last night."

"You must have been under ordinary circumstances not an unusual looking man, perhaps six feet high and not as wide. On the surface it was barreled with iron, and an enormous enough looking padlock, now unbroken, held it. The door, however,

was caught by which we may, in the end, discover how."

"It came through the wall yesterday morning," he said. "It was opened by its secret, and was broken off. It was a bomb."

"The deuce you say," exclaimed Burke, suddenly getting the view, of the stuff over there. It came in the form of a bomb to Roger Burton, just as some more did in a bomb that exploded and partly nearly killed Morgan Hazleton at Rockcrest, last night."

"You must have been under ordinary circumstances not an unusual looking man, perhaps six feet high and not as wide. On the surface it was barreled with iron, and an enormous enough looking padlock, now unbroken, held it. The door, however,

was caught by which we may, in the end, discover how."

"It came through the wall yesterday morning," he said. "It was opened by its secret, and was broken off. It was a bomb."

"The deuce you say," exclaimed Burke, suddenly getting the view, of the stuff over there. It came in the form of a bomb to Roger Burton, just as some more did in a bomb that exploded and partly nearly killed Morgan Hazleton at Rockcrest, last night."

"You must have been under ordinary circumstances not an unusual looking